



## Asheville Christian Academy

### Ezekiel Helmling

**Position: Midfield**

**Senior**

Ezekiel has been a varsity player for the past 5 years. He is a member of both state champion teams his sophomore & junior year. He is a member of Region 3 in his club level team and has been selected as All Conference his senior year. Ezekiel carries a 3.30 GPA and spends time mentoring younger players in the school. ~Nick Ficker

## Athens Academy

### Emily LaBoon

**Position: Mid Fielder**

**Senior**

Through diligence, resolve and determination, Emily stands as a model student for the Athens Academy Strength and Conditioning program. Her consistent hard work over the course of her high school career continually moves her toward maximizing her athletic potential. It is always a pleasure to coach athletes with great work ethic and positive attitudes; it is inspiring to coach athletes with both. Emily is this type of person excelling in the weight room, the class room and on the soccer field. She understands that the price of success is high and is not intimidated by the process of becoming the best version of herself. I am blessed to work with her and am excited she has the opportunity to extend her soccer career at Presbyterian College. ~Bryan Pulliam

## Harker Heights High School

### Dulaney Stender

**Position: Defensive Center Mid**

**Senior**

Dulaney has been a 4 year starter for the girls soccer team at Harker Heights. Her leadership and work ethic has been amazing. She has a great work ethic that causes her teammates around her to work harder. Many times it feels like having an extra coach in the room with her around. Great athlete, great worker. ~Wayne Skelton

## Lakewood High School

### Aimee Efav

**Position: Outside Defense**

**Junior**

Aimee (Kat) Efav consistently displays courage and dedication. There is never a time Kat says she can't do it. Always rising to the challenge she gives 100% even when she is unsure. Kat's dedication to improving her strength and conditioning is how she leads by example. Kat is open to coaching and learning the best form before she moves forward. Kat is an exemplary athlete. ~Dana Holliday

## Notre Dame Prep

### Brian Blakeslee

**Position: Defense**

**Senior**

A soccer and baseball student-athlete, Brian is a competitive team-leader who loves the challenges of strength & conditioning. After a lower-leg injury his junior soccer season, Brian dedicated himself to the weight room in order to be successful on the playing field. His work ethic paid off as he help his team win their second district championship in a row his senior soccer season. His best power clean is 225lbs, best front squat is 265lbs, best bench press is 195lbs, best vertical jump is 23 inches, and before soccer season he was in the top 5 of all athletes on our record board in all 6 tests. Brian is very deserving of this award. ~Jake Siebert

## Robbinsville High School

### Jamie Skarupsky

**Position: Goalie**

**Senior**

Jamie has dedicated her last 2yrs maximizing her athletic potential. She has significantly improved her strength, power, and reaction time. Her talent and hard work will be an asset to her at Old Dominion University next year. ~John Kalinowski



**Robert E. Lee**

**Erin Harding**

**Position: Midfield**

**Junior**

Erin has dedicated herself to the weight room last year and has found her work ethic quickly paid off. She has become one of the best female athletes at the school. Only in her junior year she is a 3 year varsity starter and team captain. Erin's ability to push herself to always get better is all paying off in the weight room as well as she is on the verge of breaking many of the girls strength records. Additionally Erin has become a true leader on and off the field always motivating others around her to achieve their best. -John Girton

**Solon High School**

**Cate Mandry**

**Position: RB**

**Senior**

Cate is a two sport captain in soccer and lacrosse receiving All District Recognition. She is a very determined individual who thrives in any situation. Cate has dedicated herself to the weight room. She is very coachable and has excelled in everything we've worked. She is also a great person and was awarded the All Greater Cleveland All Academic Award for her work in the classroom. Cate has been a pleasure to coach. -Aaron Short

**St. Mary's High School**

**Adam Rakowiecki**

**Position: Midfielder**

**Senior**

Many do what is asked of them in training. "Rak" did what was asked and more, on a consistent basis. This is what set him apart. His dedication and cerebral approach to athletics, academics, and student-life helped him garner the respect of his teachers, coaches, and peers, as he was named Student-Government President and a Team Captain. Yet, Rak wasn't a flamboyant leader, he let his example do the talking. In training he always maintained a high sense of urgency and focus. Rak was coachable and relentless in finding ways to improve. On the occasion when he had to miss a training session, he was always proactive in finding a time to make it up. Whether it was at 7 am in the morning before school, or after school before a soccer game, Rak found a way to continuously develop himself. While he has achieved much success, he has never thought of himself too big to do the small things that need to be done. Through this humility and his example of consistent effort Rak has left St. Mary's better than he found it, and has earned the honor of being named a NSCA All-American.

-Ty Van Valkenburg



**Yankton HS**

**Jack Wolfgram**

**Position: Wing**

**Senior**

Jack used his hard work, dedication in the weight room to excel on the soccer field and on the hardwood in Basketball... Improving his bench over 150 lbs in 2 years and his squat over 275 lbs while dropping his 40 by 3 tenths of a second and increasing his VJ by 6 inches.

**Basketball**

1. Team Captain Senior Year
2. 3 year Varsity starter
3. will play in the 31st Annual 3-Class Shoot Out All-Star Basketball Game March 24

**Soccer**

1. All State Honorable Mention Junior Year
2. 2nd team All-State Senior Year
3. Team Captain Junior and Senior Year
4. Invited to and played in the SD All-Star Soccer Game
5. 1st team All-Conference-ESD Senior Year

National Honor Society Member

4.25 GPA

Recipient of the Mike Miller Classic Scholarship

~Mark Roosen